

June 2021

Newsletter



Toll Free: 866-743-5144

Office: 715-743-5166

Fax: 715-743-5240



Senior Farmers' Market Nutrition Program

Voucher Distribution Schedule

More to be added in the future

Date	Location	Time
Monday, June 14	• Morgan Plaza, Thorp: Residents only	9:00AM – 10:00AM
	• Thorp Senior Center 116 North Washington Street, Thorp	10:30AM – 12:00PM
Wednesday, June 16	• Colby Public Library 505 West Spence Street, Colby	9:30AM – 10:30AM
	• Owen Senior Center 112 East 5 th Street, Owen	11:30AM – 1:00PM
Thursday, June 17	• Hometown Village Apartments 500 North Division Street, Loyal	9:00AM – 9:45AM
	• Thomas Apartments 402 North Thomas Street, Loyal	10:00AM – 11:00AM
	• Black River Apartments 312 North Reese Street, Greenwood	11:30AM – 12:30PM
Tuesday, June 22	• Neillsville Senior Center 602 Oak Street, Neillsville	10:00AM – 12:00pM

Please Note:

Vouchers will be available at our ADRC office starting **Monday, June 14**, no appointment necessary.

517 Court Street, Room 201
Neillsville, WI 54456.

Questions?

Please feel free to contact the ADRC office during our business hours, Monday – Friday, 8AM – 4:30PM at 715-743-5166 or Toll Free at 1-866-743-5144

LOCAL FARMERS' MARKETS & FARMSTANDS

FARMERS' MARKETS

Neillsville Farmers' Market

Town Square Park
Saturdays 8:00 AM – 5:00 PM
June 1 – Oct. 24

Owen Farmers' Market

Owen Mill Pond Park
Saturdays 9:00 AM – Noon
June 1 – Oct. 28

Medford Farmers' Market Saturday

Taylor Cty Fairgrounds Hwy 13 & 64
Saturdays 8:00 AM – Noon
June 1 – Oct. 24

Medford Farmers' Market Tuesday

Medford City Park Whelen St.
Tuesdays 1:00 – 5:00 PM
June 1 – Oct. 27

Chippewa Falls Main Street Farmers' Market

15 Bridge Street
Corner of Bridge & River Street
Thursdays 12:00 – 6:00 PM
Mid-June – Mid-Oct.

Festival Foods Market Marshfield

Festival Foods Parking Lot
Saturday & Sundays
8:00 AM – 1:00 PM
June 1 – October 25

FARM STANDS

Panther Creek Produce

W5461 Panther Creek Road
Neillsville, WI
Every Friday 9:00 AM – 5:00PM
By appointment: June 14 – Oct. 30

Martins Produce Stand

W9206 Pine Rd., Thorp, WI
Mon. 12:00 – 6:00PM
Tues-Fri. 8:00AM – 8:00PM
Sat. 8:00AM – 6:00PM
July 1 – Oct. 5

Menno & Barbara Zook Farm Stand

N5426 Hwy 73, Neillsville, WI
Mon. and Wed.
3:00 – 6:00 PM

Ridgeview Produce

W1265 Fremont Rd Granton, WI
Monday – Saturday
7AM – 7PM

Turnquist Acres Apples

N10670 Owen Ave Greenwood, WI
Wednesday 3:00 – 5:00 PM
September – October

Horst Farm Stand

N15115 Fernwall Ave. Stanley, WI
Monday, Wednesday, Friday
9:00 AM – 5:00 PM
June 1 – Sept. 30



Lines from Lynne

It has been joyous at the ADRC as we begin to open back up after a very long and stressful lockdown. Looking deep into what we have learned from this year of sadness and isolation. We wrapped up our Aging Survey at the end of May. You all have helped us realize the important value of broadening our scope to allow for individual choice. We will keep you up to date for opportunities to continue to weigh in on our 2022-2024 Aging Plan.

We are open! Jun 2nd we opened up our congregate meal sites in Greenwood, Neillsville, Thorp, Colby and Owen. If you haven't been before, stop by and one of our Center Coordinators will be more than happy to welcome you with a brief introduction of what we have to offer.

We have EXCITING news! We are going green! In the next couple of months, we will begin transitioning our home delivered meal containers to easier to use and biodegradable trays. These new trays are sanitary, compostable, and oven and microwave safe. The easy to peel back film individually seals each compartment and is leak proof. The best news is we are able to use these with our **same home-style dietary approved meals** that you have always received with our service. Same food - different, new and improved packaging.

Finally, the Farmers Market Vouchers are here! Soon the countryside will pop with color as the gardens begin to produce and we will be pulling out the summer recipes to share. More information on the vouchers that will be available in the ADRC office or at one of the scheduled locations. Remember, do not let transportation be a barrier to use these or access any service you may need. Contact us and we will be more than happy to assist.

Hope to hear from you soon!

Thank you for letting us serve you and our community!

Lynne

JUNE IS – Cataract Awareness Month

“Fuzzy---for the past few months my vision just seemed fuzzy during the day, and at night, let’s just say the glare around lights was not fun. For several years, I knew I had the start of cataracts on both my eyes and my Optometrist, Betsy Meinel would inform me of their progression each year during my annual eye exam. She prepared me and was very realistic about the fact, someday my cataracts would be a visual concern. Well, that day came, during my last eye exam, Dr. Meinel suggested I should consider cataract surgery on my right eye, as that cataract was limiting my vision, however my left eye was holding its own. So, it was time for me to make a decision, cataract surgery or not? Being a teacher my entire life, I knew I wanted to know more about this surgery. I had questions! It was so comforting to find out that between HealthView Eye Care Center and my surgeon, each and every question was answered, almost before I asked it. Receiving my answers, gave me great confidence and peace, so I committed to the surgery. Surgery day came and all went as scheduled. Recovery time went fast, I followed doctors’ orders and all healing progressed well. My follow-up eye check with Dr. Meinel once again reinforced her commitment to making sure I was advancing through the healing process. She advised me that if at any time I had a question or felt something wasn’t right, I was to contact her. I was so impressed by the care and concern of Dr. Meinel and the entire staff, it was extremely comforting! The outcome? I’m so excited to let you know I can now read a menu without glasses! My distance vision has increased, everything is much brighter and clearer. My takeaway from this experience? My cataract surgery was a great success, and I am extremely pleased with the results. I’m also pleased that Medicare covered much of the expense. Plus, a big Thank You to everyone at HealthView Eye Care Center for being super friendly, professional, and giving me the peace of mind that put to sleep any concern I may have had.” Mary Glenn R., Stetsonville, WI.

Do you experience blurry, foggy vision, loss of contrast? You may be experiencing symptoms of cataracts. Most cataracts develop slowly over the course of years and having cataracts can be like looking through a frosty or fogged-up window. If that description fits you, please contact your eye care professional for a thorough eye examination.

For more information on Cataracts please feel free to contact any of our doctors. HealthView Eye Care Center Medford 715.748.2020 or Colby 715.223.4003.



Each year, an estimated 5 million older adults are abused, neglected, or exploited. Older Americans lose an estimated \$2.6 billion or more annually due to elder financial abuse and exploitation, funds that could be used to pay for basic needs such as housing, food, and medical care. Unfortunately, it occurs in every demographic and can happen to anyone—a family member, a neighbor, even you. It is estimated that only one in five of these crimes are discovered. World Elder Abuse Awareness Day is June 15, 2021. World Elder Abuse Awareness Day (WEAAD) was launched on June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations (UN). WEAAD aims to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic, and demographic processes affecting elder abuse and neglect. In addition, WEAAD is held in support of the UN International Plan of Action acknowledging the significance of elder abuse as a public health and human rights issue. This observance serves as a call-to-action for individuals, organizations, and communities to raise awareness about elder abuse, neglect, and exploitation. If you know of an elderly person that has been or is being abused please call Clark County Department of Social Services at (715) 743-5233.



Check us out on our new Facebook page for updates, tips and more information provided especially for you.

**Aging & Disability Resource Center
of Clark County**

Wisconsin has 580,000 family caregivers across the state

Are you one of them?



Get access to **FREE** online educational resources to help caregivers:

- Develop essential skills
- Learn about health issues
- Manage care for loved ones
- Take care of yourself

Register at wisconsincaregiver.org



WISCONSIN DEPARTMENT
of HEALTH SERVICES



Greater Wisconsin
Agency on Aging Resources, Inc.



Wisconsin
Family and Caregiver
Support Alliance

It's Time

One of the most difficult experiences a caregiver may face is considering an out-of-home placement for their loved one. This can be particularly difficult when the person suffers from dementia and is not able to assist in the decision-making process. Although we usually think that keeping someone in their own home is the ultimate goal, sometimes there is a point when staying at home may no longer be the best option.

There are 2 main things to evaluate when making this decision: the needs of the person receiving care and the demands on the caregiver. Each person being cared for is different. Some are more difficult to manage while others may be easier to take care of. Additional medical problems may also complicate the situation.

Caregivers also have different circumstances. Some cope easily with large amounts of stress while others struggle with even small disruptions. Some have children and job responsibilities while others are able to devote more time to their loved one. It is important look at your particular situation and not to compare yourself to someone else.

If you are wondering if it might be time to move your loved one to a continuing-care facility, you may find these questions helpful in deciding.

- ♦ Are the person's needs being met at home?
- ♦ Is constant care required beyond my physical capability?
- ♦ Is always it safe in the home?
- ♦ Is there a concern that the person may harm themselves or others?
- ♦ Does the person need specialized care not available or affordable at home?
- ♦ Would an out-of-home setting provide opportunities for therapy and socialization that are not possible at home?
- ♦ Would moving the person to a long-term-care facility allow me to devote needed time to my family/job/self?
- ♦ Am I healthy and physically strong enough to take care of the person?

Is there a care facility in the area that I trust?

The most important thing to remember is that moving your loved one to a care facility is NOT a sign of failure in your role as a caregiver. A caregiver's main job is to ensure that their loved one is getting the best care possible, while also prioritizing care for self, and sometimes that means a move to a care center.

Consider this. Your caregiving role will not end when your loved one moves, it will just change. When caring for someone at home, a caregiver spends endless hours doing personal cares, cooking, cleaning, and keeping your loved one safe. This may often include being up several times during the night. The caregivers' own health often becomes at risk.

When the person lives at a care facility, the time and energy you spent providing physical cares can now be focused on your relationship again. Their basic needs will be met by staff, but they still need you to provide social, spiritual, and emotional care. You can spend time doing things like looking at photo albums, reading together, watching old movies, or just sitting and enjoying each other. Your caregiving role continues, but your tasks and focus change.

The ADRC of Clark County has resources available to help you if you are considering long-term care placement. Call 715-743-5166 for more information.

Jane Mahoney

Caregiver Support Specialist

Greater Wisconsin Agency on Aging Resources



Medicare Basics

An opportunity to learn about Original Medicare, Medicare Advantage plans, Medigap plans, prescription drug coverage and Medicare Savings plans.

July 15, 2021

October 28, 2021

Clark County Courthouse

Attend in person or via Zoom.

Register by calling 715-743-5166.



Wisconsin Emergency Rental Assistance Program

By the GWAAR Legal Services Team (for reprint)

The Wisconsin Emergency Rental Assistance Program is a program to assist eligible renters impacted by the COVID-19 pandemic who need help with their rent, utilities, and/or other housing stability. Eligible households may receive up to 12 months of assistance to help with current and/or overdue utility bills, rent, and/or other services that help them remain in their homes.

Who is Eligible?

A household may qualify if at least one or more individuals in the home meet all of the following criteria:

1. Qualifies for unemployment or has experienced a reduction in household income, experienced major costs, or experienced financial struggles due to COVID-19;
2. Demonstrates a risk of being evicted or losing your home; and,
3. Has a household income at or below 80 percent of the county median.


Note: The counties of Brown, Dane, Milwaukee, and Waukesha, as well as the cities of Madison and Milwaukee, are operating their own emergency rental assistance programs and are not participating in the Wisconsin Emergency Rental Assistance program.

For more information, visit: <https://doa.wi.gov/Pages/WERA.aspx> 



Incontinence Supplies

For those who may not be able to afford incontinence supplies, the ADRC of Clark County is offering a free incontinence supply bank. You call the ADRC to figure out where you can pick up the incontinence supplies at 715-743-5166.



FoodShare Updates

By the GWAAR Legal Services Team (for reprint)

Due to a recent decision by the Wisconsin Supreme Court, Wisconsin's public health emergency ended on March 31, 2021, which created a loss of \$50 million per month of FoodShare benefits to Wisconsin. Governor Tony Evers was able to negotiate with the USDA (United States Department of Agriculture) to make sure Wisconsin could continue to receive federal emergency FoodShare benefits despite this ruling.

This means that FoodShare members will continue to receive the maximum amount for their household size for both April and May, 2021. April benefits should have been made available on QUEST cards on April 25, 2021. In addition, starting in April, all FoodShare members will get at least \$95 in additional benefits, but some households will get more to bring their total to the maximum monthly benefit amount for their household size.

On top of this, FoodShare members will continue to receive 15% more of their typical amount for their household size through September, 2021. This increase is a result of a federal law passed in 2020 extending additional benefits in 2021.

The bottom line: Unless a household is paying money owed due to a previous overpayment, all FoodShare households will get the following benefits, starting in April, 2021: fifteen percent of their typical amount based on household size; and the maximum benefit for their household size (a minimum of \$95). All members will receive notices explaining the additional benefits.

You can always check the balance of a QUEST card through the ebtEDGE website, the ebtEDGE mobile app, or by calling QUEST Card Service at 877-415-5164.

For up-to-date information, visit: <https://www.dhs.wisconsin.gov/covid-19/forwardhealth-foodshare.htm>

NEWSLETTER POSTAGE DONATIONS

Thank you for your continued support of our Clark County ADRC Newsletter. We sincerely appreciate the support that our readers have shown by making donations towards the cost of postage. If you would like to make a newsletter donation please make a check payable to: ADRC Newsletter and it to:

ADRC of Clark County

517 Court Street, Room 201

Neillsville, WI 54456

If you do not already receive this newsletter in the mail and you would like to start, just include your address with your check and a note stating that you would like to start receiving it.

Emergency Broadband Benefit Coming Soon

By the GWAAR Legal Services Team (for reprint)

The Federal Communications Commission (FCC) recently announced the Emergency Broadband Benefit. This program will help households pay for internet service during the pandemic. The FCC has not yet announced a start date for the program, but the agency is working to make the benefit available as soon as possible.

The Emergency Broadband Benefit will provide a discount of up to \$50 per month towards broadband service for eligible households and up to \$75 per month for households on Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute between \$10 and \$50 toward the purchase price. The program is limited to one monthly service discount and one device discount per household.

Eligible households will have one member who meets at least one of the criteria below:

- Qualifies for the Lifeline program;
- Receives benefits under the free and reduced-price school lunch program or the school breakfast program, or did so in the 2019-2020 school year;
- Received a Federal Pell Grant during the current award year;
- Experienced a substantial loss of income since February 29, 2020, and the household had a total income in 2020 below \$99,000 for single filers and \$198,000 for joint filer; or
- Meets the eligibility criteria for a participating providers' existing low-income or COVID-19 program.

The FCC expects that people will be able to sign up for the program soon. Please check <http://www.fcc.gov/broadbandbenefit> for more information. You can find a list of participating providers here: <https://www.fcc.gov/emergency-broadband-benefit-providers>. Once it begins, the Emergency Broadband Benefit will last until program funds are exhausted, or six months after the Department of Health and Human Services declares an end to the COVID-19 pandemic, whichever comes first. At that time, participants will need to opt-in to continue broadband services with their provider, and they will be charged the full amount for service. ☐

Urinary Tract Infections May Change Behaviors

By the GWAAR Legal Services Team (for reprint)

It is easy to dismiss forgetfulness, confusion, irritability, or withdrawal as just typical signs of aging or dementia. However, most people would be surprised to learn that urinary tract infections or (UTIs) can create these behaviors, as well. If an older person has a sudden and unexplained change in behavior such as increased confusion, agitation, or withdrawal, it may actually be because of a UTI.

A UTI is an infection in any part of the urinary system such as the kidneys, ureters, bladder, and urethra. Women are more commonly affected by UTIs than men. Most UTIs can be treated with antibiotics and do not create any further problems. Complications are uncommon, but they can be serious and include kidney damage and blood poisoning, which can be fatal.

Urinary tract infections don't always cause signs and symptoms, but when they do, they may include a strong, persistent urge to urinate; burning sensation when urinating; passing frequent, small amounts of urine; urine that appears cloudy; urine that appears red, bright pink or brown (a sign of blood in the urine); strong-smelling urine; and pelvic pain in women.

Older adults, however, may experience different symptoms compared to young or middle-aged adults, and those symptoms can be much more severe. Further complicating matters is that older adults with cognitive impairments or dementia may not realize there is an issue or be able to communicate their UTI symptoms to caregivers. Even more, common symptoms like burning and urgency to urinate may not occur in older individuals at all. Sometimes, the only sign that an older adult has a UTI is the sudden and unusual behavior changes, confusion, or delirium.

For these reasons, it's important for older adults and caregivers to know the signs and symptoms of UTIs so they can be recognized and treated quickly. Diagnosing a UTI in an otherwise healthy older adult can be difficult to begin with, but this task is even more challenging when someone has dementia or other cognitive impairments. Hopefully, a family caregiver or other individual who regularly interacts with the older adult can monitor their cognitive function and behavior to determine what is "normal" and detect anomalies to the best of their ability. Otherwise, an older adult may be presumed to have permanent symptoms of dementia when, in fact, they are experiencing temporary cognitive issues due to a UTI. A key distinction in determining whether delirium, agitation or confusion is caused by a UTI is whether treatment with antibiotics results in any improvement in mental status.

Remember, older adults are often managing multiple health conditions and taking several different medications. The best UTI treatment and prevention strategy for each individual may vary, and should be discussed at length with one's medical providers.

Resources:

https://www.alz.org/blog/alz/october_2011/sudden_change_in_behavior_urinary_tract_infection

<https://www.alzheimers.org.uk/get-support/daily-living/urinary-tract-infections-utis-dementia#:~:text=UTIs%20can%20cause%20sudden%20confusion,be%20because%20of%20a%20UTI>



Using Ensure or other Nutritional Supplements?

Ask us about our Seniors Nutrition Supplement Program available to persons 60 and older.

- Nutritional Supplements at reduced cost
- No other insurance or Long Term care program coverage.
- Must provide a medical professional's Prescription in order to participate.

Call and ask to see if you are eligible at (715) 743-5166

Public Charge Rule Blocked

By the GWAAR Legal Services Team (for reprint)

As of March 9, 2021, the Public Charge rule that added to the list of public benefits creating a negative impact on immigration applications was halted.

Current Status of the Public Charge Rule

Only the following benefits may be considered as a negative factor for anyone seeking admission into the U.S. or lawful permanent resident status (green card):

Supplemental Security Income (SSI)

Temporary Assistance for Needy Families (TANF)

State, local, tribal cash benefits

Long Term Care (LTC) Medicaid

Who is NOT affected by the Public Charge rule?

- Green card holders who are applying for U.S. Citizenship
- Refugees
- Asylees
- Survivors of trafficking, domestic violence, or other serious crimes
- VAWA self-petitioners (Violence Against Women Act)
- Special immigrant juveniles
- Certain people paroled into the U.S.

Benefits NOT considered in the public charge test:

- Medicaid (non-institutional)
- Supplemental Nutrition Assistance Program (SNAP) (formerly known as “food stamps,” called FoodShare in Wisconsin).
- Federal Public Housing, Section 8 housing vouchers and Section 8 project-based rental assistance.

- Medicare Part D Low-Income Subsidy (LIS)/Extra Help
- Disaster relief
- Emergency medical assistance
- Entirely state, local or tribal programs (other than cash assistance)
- Benefits received by immigrant's family members
- CHIP
- WIC
- School Breakfast and Lunch
- Energy Assistance (WHEAP)
- Transportation vouchers or non-cash transportation services
- Non-cash TANF benefits
- Tax credits, including the Earned Income Tax Credit and Child Tax Credit
- Advance premium tax credits under the Affordable Care Act
- Pell grants and student loans
- Community resources such as homeless shelters or food pantries

Important Reminders:

- Use of cash assistance or long term care Medicaid is only ONE factor in a long list of factors in determining immigration eligibility.
- The public charge consideration ONLY applies to the individual seeking admission into the U.S. or lawful permanent resident status, and their *own* receipt of benefits (not anyone else in the family – including children).

Please do your best to spread the word about this rule change. The policy changes in the past four years have created fear among immigrant populations. People are afraid to take any benefits because of misinformation (often referred to as a “chilling effect”). Probably the most detrimental effect is families not taking FoodShare (SNAP) benefits for themselves or children out of fear of it effecting another family member’s immigration application. Again, the current Public Charge rule does not even consider FoodShare, and receipt of cash assistance and institutional Medicaid would only be one factor in a list of factors for the applicant *only*.

Interested in COVID -19 resource information? Please contact the ADRC of Clark County for further details at 715-743-5166. Please note that ADRC staff will be reaching out to assist further in the coming days and weeks.

Where to Find Vaccine



Healthcare
Provider



Local Health
Department



Pharmacies



Community-Based
Vaccination Clinics



On-Site Vaccination
Clinics

How to Sign-up

- Contact your healthcare provider or pharmacy.
- Check your local health department's website.
- CDC: vaccinefinder.org/search/
- Map: dhs.wi.gov/covid-19/vaccine-map.htm



ADAPTIVE EQUIPMENT

The ADRC office has several pieces of DME equipment available in our Loan Closet call for further details **715-743-5166**

We are also accepting donations of unused/unopened incontinence garments and gently used adaptive equipment.



WHY NATIONAL DAIRY MONTH IS IMPORTANT

Dairy is good for your bones

Calcium is crucial to the growth and strengthening of bones. A simple glass of milk, some yogurt, or a piece of cheese helps to fight off brittle bones and osteoporosis.

Dairy reduces blood pressure

Diets rich in potassium help maintain healthy blood pressure. Dairy products — especially yogurt, fluid milk, and soy milk — provide potassium, and can greatly reduce the risk of heart disease and strokes.

Milk is good for your teeth

Your teeth get stronger and healthier when you drink milk. Calcium helps protect your teeth against gum disease and keeps your jawbone strong and healthy. In addition, the protein helps to neutralize acids in the mouth.

4 DAIRY DELICIOUS FACTS ABOUT MILK

Got milk?

Milk is the only food that you can survive on alone. It has every nutrient you need.

The world loves milk

The world's population consumes over 2.1 billion liters every day. That's enough to fill up 813 Olympic-sized swimming pools.

Cows have friends

Dairy cows are social animals. Like people, they will make friends and bond with some, while avoiding others.

Cows can produce a ton of milk

A cow turns grass into milk within two to three days. Depending on the breed, a cow can make between 25 and 40 liters of milk per day.



Pixabay.com

EAT WELL, AGE WELL.

HOW CAN MY DIET HELP WITH BONE HEALTH?

A nutritious diet is important at any stage life. In older adults, a nutritious diet helps preserve bone mass and strength. A healthy diet can help the recovery of injuries as well as prevent injuries.

Specific to bone health, calcium and vitamin D are important to include in the diet.

Calcium allows for the bones, nerves, and muscles in our bodies to perform at their best. Milk and other dairy products are good sources of calcium. Other good sources include broccoli, bok choy, almonds, and oranges!

Vitamin D helps the body absorb calcium from foods. This is important for a healthy immune system and muscles. Vitamin D is made in our skin in the summer months, but it is also found in food sources. Foods such as salmon, tuna, egg yolk, and any foods that have fortified vitamin D.

Try a recipe at: <https://www.iofbonehealth.org/recipes>

Source: https://www.iofbonehealth.org/sites/default/files/PDFs/good_nutrition_for_healthy_bones.pdf

WEEKLY CHALLENGES

EAT AN ORANGE

**EAT SALMON OR
TUNA WITH A MEAL
THIS WEEK**

**GO FOR A WALK TO
HELP MAINTAIN
BONE DENSITY**

**TRY A NEW RECIPE
RICH IN CALCIUM
OR VITAMIN D TWO
TIMES THIS WEEK**

**DID YOU KNOW?
WEIGHT BEARING
EXERCISES HELP
BUILD BONE MASS
AND STRENGTH.**

EAT WELL, AGE WELL.

Monthly Tracking Calendar – Nutrition and Bone Health

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: DRINK AT LEAST 1 CUP OF FORTIFIED MILK EACH DAY THIS WEEK FOR REGULAR CALCIUM INTAKE

WEEK 2: CONSUME A FATTY FISH SUCH AS SALMON AT LEAST ONCE THIS WEEK TO INCREASE YOUR VITAMIN D INTAKE

WEEK 3: EAT A DARK LEAFY GREEN SALAD OR BROCCOLI 2 TIMES THIS WEEK FOR ADDED CALCIUM

WEEK 4: TRY THIS BREAKFAST RECIPE FOR SCRAMBLED EGGS WITH SPINACH AND CHEESE AT THE WEBSITE PROVIDED: <https://www.williams-sonoma.com/recipe/scrambled-eggs-with-spinach-and-white-cheddar.html>

Complete the Weekly Challenges & you will feel better and be more in control of your health. We Dare You!

**Reminder to send in your favorite recipes for the next
Newsletter!**

ADRC of Clark County

517 Court Street Room 201

Neillsville, WI 54456



Call us for a Home Delivered Meal

If this is your **1st time** please call 715-743-5166 to complete an intake form.

Please call 24 hours in advance to reserve or cancel a meal

Greenwood Nutrition Center

312 N. Reese St.
Greenwood, WI 54437
(866)-743-5144

Colby Nutrition Center

310 Lieders St.
Colby, WI 54421
(715)-223-4195

Owen Nutrition Center

112 E. 5TH St.
Owen, WI 54460
(715)-229-4567

Neillsville Nutrition Center

602 Oak St.
Neillsville, WI 54456
(715)-743-3177

Thorp Nutrition Center

116 N. Washington St.
Thorp, WI 54771
(715)-669-5566



Suggested Meal Contribution \$4.00

Farm Life

E	T	R	M	Z	R	K	G	I	N	E	L	U	M	E	R	O	F	I	A	O	R	B	P
Y	R	W	K	O	S	M	W	R	N	D	N	R	L	U	R	U	E	P	C	G	E	U	L
A	C	U	L	T	I	V	A	T	E	H	O	B	R	C	N	T	U	G	I	M	Z	S	A
P	N	K	T	T	L	B	Y	V	O	T	A	A	H	S	A	D	D	L	E	C	I	I	N
K	E	I	C	L	H	I	M	F	C	T	L	A	X	D	R	O	Q	P	H	H	L	N	T
P	R	E	M	U	U	Z	V	A	S	Q	R	G	V	C	Z	O	A	O	I	O	I	E	I
D	G	O	H	A	R	C	R	E	E	D	G	W	N	I	N	R	R	F	F	W	T	S	E
G	I	N	W	S	L	T	I	L	S	Y	H	O	R	S	E	E	S	Y	L	I	R	S	R
R	E	T	S	O	O	R	B	R	R	T	B	C	A	W	S	P	K	G	D	A	E	Q	C
H	H	Y	S	T	K	A	L	I	G	W	O	P	V	T	X	O	F	C	G	Z	F	L	A
R	A	T	F	S	T	D	A	A	E	A	E	C	N	E	P	N	O	X	I	E	E	L	D
R	Y	U	G	E	U	D	J	F	M	J	S	M	K	E	C	Y	O	D	Q	H	P	J	A
E	L	L	G	V	E	C	N	E	F	B	O	C	O	O	S	V	D	P	G	K	C	Q	C
M	T	E	K	R	A	M	B	U	L	L	O	P	O	P	D	E	O	C	J	X	T	D	F
R	V	H	V	A	G	N	I	W	O	R	G	P	R	N	R	U	K	L	I	M	I	W	A
A	U	N	O	H	V	W	L	R	N	L	Y	T	A	O	L	P	I	G	K	I	U	M	M
F	Z	O	Y	G	U	U	S	I	L	O	B	L	K	T	D	C	O	U	N	T	R	Y	I
N	E	V	E	S	Y	T	N	E	W	T	D	E	R	D	N	U	H	O	W	T	F	K	L
D	U	L	Z	O	E	S	K	L	M	K	A	Y	C	J	H	Z	C	N	L	O	C	S	Y
N	M	C	R	W	F	C	P	V	J	T	P	C	T	E	R	Y	K	E	X	Q	U	V	Z

ACRE	COUNTRY	FRUIT	MARKET	RURAL
AGRICULTURE	COW	GOAT	MILK	SADDLE
ALFALFA	CULTIVATE	GROWING	MULE	SHEEP
ANIMAL	DAIRY	HARVEST	ORCHARD	SILO
BARN	EGGS	HAY	OUTDOOR	STABLE
BULL	FAMILY	HEN	PIG	TRACTOR
BUSINESS	FARMER	HOG	PLANT	TRUCK
CHICKEN	FENCE	HORSE	PONY	VEGETABLE
CHORES	FERTILIZER	LAMB	POULTRY	WORK
COOP	FIELD	LAND	PRODUCE	
CORN	FOOD	LIVESTOCK	ROOSTER	

To answer the trivia questions, look for words or phrases that are hidden in the puzzle, but not in the word list.

Trivia #1: The first bird domesticated by man was this.

Trivia #2: The average hen lays about ___ eggs per year.

Answer #1: _____ **Answer #2:** _____



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